

Biltmore Hills Community Center Programs

September-December 2013



ATHLETIC

Biltmore Hills Holiday Teen Tournament

This competitive tournament is to keep your team in shape and basketball ready over the holiday break. Games will take place all day between 10:00am and 9:00pm. Registration is December 1st-16th. Course Fee: \$150 per team or \$15 per player

December 26-30

Thursday, Friday & Monday

11:00 AM-9:00 PM

Biltmore Hills Holiday Adult Tournament (18+)

This tournament is for the adults that would like to play with friends and family that are in town for the holiday season. Registration will be December 1-15. Course Fee: \$150 per team or \$15 per player

December 26-30

Thursday, Friday & Monday

5:00 PM-9:00 PM

FITNESS

Biltmore Hills Youth Plyo Fitness

Age: 7-15 yrs. Why Plyo's may help your child? ...they are jumps or combinations of jumps that produce quick, powerful movement using a stretch reflex.

September 12-December 12

Thursday

7:00 PM-8:00 PM

Adult- Fitness/Weight Room

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information. Course Fee: \$10 Monthly



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Zumba® at Biltmore Hills

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. At Biltmore Hills we offer class on Tuesday and Thursday. Sessions are 6 weeks long with the second half of the session being focused on toning. Space is limited, register early!

Course Fee: \$30 for once a week/\$60 for twice a week

September 10-October 17	Tuesday & Thursday	6:30 PM-7:30 PM
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October 22-December 5	Tuesday & Thursday	6:30 PM-7:30 PM
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Course Fee: \$5

December 10	Tuesday	6:30 PM-7:30 PM
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December 12	Thursday	6:30 PM-7:30 PM
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December 17	Tuesday	6:30 PM-7:30 PM
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December 19	Thursday	6:30 PM-7:30 PM
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SOCIAL

Toddler Open Gym

Age: 2-5 yrs. Come out and use our Gym! Time designated is especially reserved for children ages 2-5.

Biltmore Hills Community Center

September 4-December 18	Wednesday	11:00 AM-12:00 PM
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SPORTS

Tennis Jr. Level 1

Age: 6-18 yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and a racquet. Racquets will be available to borrow if needed. Class length is 7 weeks which includes one bonus week. If there is more than 1 week of rainouts, classes can be made up during. Course Fee: \$96

October 15-December 3

Tuesday & Thursday

4:30 PM-5:30 PM

Tennis - Free play for adults

Age: 18yrs. and up. Free play for adults are held at Biltmore Hills Tennis Courts on Tuesday and Thursday evenings throughout the year at 6:30pm. This is a drop-in program which is organized by the Ebony Racquet Club, for all levels of play, simply show up and play.

September 3-December 31

Tuesday & Thursday

6:30 PM-9:00 PM

Tennis Adult Level 1

Age: 18yrs. and up. No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non marking sneakers and your racquet. Racquets are available to borrow. Class length is 7 weeks which includes one bonus week. If there is more than 1 week of rainouts, classes can be made up during other class. Course Fee: \$96

October 15-November 28

Tuesday & Thursday

5:30 PM-6:30 PM

